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EMMA WATSON SAYS HER BIGGEST CHALLENGE RIGHT NOW IS PROVING SHE CAN BE MORE THAN HERMIONE GRANGER PAGE 13

OK! Tampa Rays! Let's. Play. Ball.

T.O. fans will have to keep the faith after crushing 9-2 season-opener defeat, star shortstop Reyes gets injured after one turn at-bat PAGE 20

Forget junk food, try some real garbage

Activists protest waste by dumpster diving, cooking up free meal for the public PAGE 6

Climate shift could spiral 'out of control,' says UN panel

Report will only says dangers worsen PAGE 9

Canadian teens solve problems with the best

Seventh in the world.
Test also shows nation's youth do well despite socio-economic factors

Canadian teens are outshining their English-speaking peers around the world on a new test of the problem-solving skills that employers call the secret to a strong economy.

While they slipped slightly on the last international math test, Canadian 15-year-olds have ranked seventh out of 44 countries — beaten only by Singapore, Japan, Korea and four regions of China — on this new test of "creative problem-solving skills," which will be released Tuesday as part of the OECD's latest Program for International Student Assessment (PISA).

Moreover, Canadian students performed relatively the same regardless of socio-economic background or immigrant status compared to other countries, the report showed — a sign Canadian schools do well at removing demographic barriers.

"Today's report shows Canadian students are highly competitive in problem-solving skills," said Andrew Parkin, director general of the Council of Ministers of Education of Canada. "These skills are increasingly important for success in the knowledge economy of the 21st century."

Canada scored well above the OECD average and about the same as Australia and Finland and ahead of the United States. Within Canada, students in Ontario, British Columbia and Alberta scored highest, with more than 20 per cent of their students scoring in the top two of six skill levels.

"This does show our students are making headway in problem-solving," said Rick Jones, director of research for Ontario's Education Quality and Accountability Office, which itself began tracking problem-solving and critical thinking skills four years ago because employers have been calling for these skills.

The OECD's new 40-minute computer test measured students' ability to solve different kinds of problems, from simple ones that require only one or two simple steps, to ones that take higher levels of reasoning, the process of elimination and some deduction. Some were set in familiar settings, others not.

"One in 10 workers is confronted every day with more complex problems that require at least 30 minutes to find a good solution," said the report. "Complex problem-solving skills are particularly in demand in fast-growing, highly skilled managerial, professional and technical occupations.

"Indeed, the skills that are easiest to teach and test are also the skills that are easiest to digitize, automate and outsource," it warned.

TORSTAR NEWS SERVICE

Higher functions

The OECD's test of 85,000 students' "skills in tackling real-life problems" was launched because of their growing importance in a workforce where routine tasks are being taken over by computers, said the report.

A REAL CRASS ACT

Pop vixen Miley Cyrus opened her Bangerz Tour show Monday night by sliding down a giant replica of her infamous outstretched tongue, much to the delight of a sold-out ACC. What followed was an onslaught of crass from Cyrus as she did everything from twerking to fixing wedgies with her teeth. Cyrus changed outfits throughout the show; here she is in a cannabis leaf-emblazoned leotard. TOM PANDI/FOR METRO

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Gravy train?

Coun. Anthony Perruzza.
DAVID COOPER/TORSTAR NEWS SERVICE

Ford attacks councillors over expense claims

Mayor Rob Ford returned late Monday afternoon to one of the subjects that got him elected: councillor expense claims he feels are excessive.

Expense information released by the city shows that councillors Anthony Perruzza and Giorgio Mammoliti — both of whom Ford appointed to his executive committee — claimed more than $68,000 for 2013.

At the first meeting of his mayoral term in 2010, Ford succeeded in persuading councillors to cut their annual office budgets from $50,445 to $30,000.

But in another vote in mid-2012, councillors granted themselves loopholes that allowed them to spend thousands more on constituency office renovations and rent, newsletters and other items.

Still, 23 of 44 councillors spent less than the $30,450 initial limit in 2013. Sixteen others spent between $30,000 and $40,000. Four spent more than $47,000.

"This is not about Rob Ford. This is about abuse of taxpayers' money," Ford told media. "They're going to have to answer to the taxpayers for this. Because I'm not letting this go."

TORSTAR NEWS SERVICE

Airport expansion tops council agenda

Billy Bishop. Up to $300 million needed to solve related traffic congestion issues

One key thing council must decide at its meeting starting Tuesday is whether expansion of Billy Bishop Toronto City Airport is a top priority, councillors say.

Deputy Mayor Norm Kelly said the island airport has grown faster than anyone anticipated before Porter Airlines started flying turboprops from there in 2006. Usage has gone from virtually nothing to 2.3 million passengers a year.

Other major issues to be tackled at the two-day council meeting include expansion of BMO Field at Exhibition Place and new rules for food trucks, Kelly said.

On the airport, Kelly said it's easier to negotiate funding to alleviate traffic congestion caused by airport taxis and shuttles if council continues to examine Porter's request to further expand through introduction of jets.

The deputy mayor told reporters that up to $300 million is needed to solve airport-bound traffic congestion around the school, community centre and residential area at the foot of Bathurst Street.

The city can't afford it on its own, and would need to show good faith in requesting Ottawa to help, he said.

However, Coun. Peter Milczyn warned that federal funding may be scarce no matter what.

Milczyn, chair of the planning and growth management committee, estimated Toronto's share of the latest federal infrastructure program is $1.2 billion, of which $660 million has already been earmarked for the Scarborough subway.

Other potential uses for federal funding include the downtown relief subway line; Gardiner Expressway work; basement flooding and "any number of other priorities."

If airport expansion doesn't make the city's list of high priorities, Porter and the Toronto Port Authority, which runs the airport, could look at charging passengers to cover the cost, Milczyn said.

"If we have more pressing priorities, I would say: Why should taxpayers be footing the bill for the expansion of Porter Airlines and the island airport? Charge the passengers. That's how Pearson got built," he said.

TORSTAR NEWS SERVICE

Quoted

"If Porter wants to ramp up Billy Bishop, somebody's got to pay for it, and it should be the people that use the airport."

Coun. Peter Milczyn

And he'll keep the public urination to a minimum

A group opposed to the re-election of a scandal-plagued Mayor Rob Ford pressed its message Monday with a series of eye-catching road signs for fake candidates. The signs were a collaborative effort between the community group No Ford Nation and Toronto advertising agency Rethink, which did the job for free. "We're really counting on interested citizens to snap photos and get them on (social media)," said Caleb Goodman of Rethink.

CONTRIBUTED/THE CANADIAN PRESS

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Union Pearson Express Traction Power Substation

NOTICE OF COMPLETION
Draft Environmental Study Report

Hydro One Networks Inc. (Hydro One) has completed the draft Environmental Study Report (ESR) for the Union Pearson (UP) Express Traction Power Substation Project. Metrolinx is proposing to electrify the UP Express service from Union Station in the City of Toronto to Pearson International Airport in the City of Mississauga. A separate Environmental Assessment Study is being carried out by Metrolinx for this project, in accordance with *O. Reg. 231/08 – Transit Project Assessment Process*. Hydro One is seeking approval for the Traction Power Substation, which will be connected to Ontario's electrical system. This substation will convert the voltage from 230 kV to 25 kV so that it can be used to power electric trains. The project area is shown on the map below.

How to provide your input:

This project is being planned in accordance with the *Class Environmental Assessment for Minor Transmission Facilities*, approved under Ontario's *Environmental Assessment Act*. Hydro One is making the draft ESR available for a 30-day public review and comment period, beginning **April 1, 2014**. The draft ESR can be viewed at www.HydroOne.com/projects.

Hard copies of the draft ESR will be available for review at the following locations:

Ministry of the Environment
Environmental Approvals Branch
2 St. Clair Avenue West, Floor 12A
Toronto, ON M4V 1L5
tel: 416-314-8001 or
1-800-461-6290

Ministry of the Environment
Central Region Office
5775 Yonge Street
Place Nouveau, 8th Floor
Toronto, ON M2M 4J1
tel: 416-326-6700 or 1-800-810-8048

City of Toronto
City Clerk's Office
Toronto City Hall
100 Queen Street West, 13th Floor
Toronto, ON M5H 2N2
tel: 416-392-8016

Richview Public Library
1806 Islington Avenue
Toronto, ON M9P 3N3
tel: 416-394-5120

Parkdale Public Library
1303 Queen Street West
Toronto, ON M6K 1L6
tel: 416-393-7686

Weston Public Library
2 King Street
Toronto, ON M9N 1K9
tel: 416-394-1016

Mount Dennis Public Library
1123 Weston Road
Toronto, ON M6N 3S3
tel: 416-394-1008

Perth/Dupont Public Library
1589 Dupont Street
Toronto, ON M6P 3S5
tel: 416-393-7677

Metrolinx-GO Transit
20 Bay Street, Suite 600
Toronto, ON M5J 2W3
tel: 416-874-5910

Written questions or comments on the draft ESR must be received by Hydro One no later than **4:30 p.m.** on **April 30, 2014**.

Please address your correspondence to:

Patricia Staite, Environmental Planner
Hydro One Networks Inc.
483 Bay Street, South Tower, 6th Floor
Toronto, ON M5G 2P5
e-mail: Community.Relations@HydroOne.com
tel: 1-877-345-6799

Hydro One will respond to and make best efforts to resolve any issues raised by concerned parties during the public review period. If no concerns are expressed, Hydro One will finalize the draft ESR and file it with the Ministry of the Environment. The project will then be considered acceptable and may proceed as outlined in the ESR.

The *Environmental Assessment Act* has provisions that allow interested parties to ask for a higher level of assessment for a Class Environmental Assessment (EA) project if they feel that outstanding issues have not been adequately addressed by Hydro One. This higher level of assessment is referred to as a Part II Order request. Such requests must be addressed in writing to the Minister of the Environment and received no later than 4:30 p.m. on April 30, 2014, at the following address:

Ministry of the Environment
135 St. Clair Avenue West, 12th Floor
Toronto, ON M4V 1P5

Please note that a duplicate copy of a Part II Order request must also be sent to Hydro One's Environmental Planner at the address noted above.

Pour plus de renseignements, veuillez composer le 416 869-3200 ou le 1 888 GET-ON-GO (438-6646).

Tech expert had contracts with Liberals: Wynne

Gas plants. Services of man allegedly given access to government computers last year are now terminated

An outside tech expert who police allege was given access to 24 computers in the Ontario premier's office last year had a contract with the Liberal party that was just cancelled on the weekend, Premier Kathleen Wynne confirmed Monday.

Computer expert Peter Faist also had a contract with the Liberal caucus bureau at Queen's Park, but that ended when former premier Dalton McGuinty left office, Wynne told reporters at an unrelated event in Sault Ste. Marie, Ont.

"He did not provide any services to the Liberal caucus services after I came into office," she said. "He did provide some services to the Liberal party (but) once we discovered that he was part of the issues surrounding the allegations ... his services were terminated as of Sunday."

Provincial police, who are investigating the deletion of government emails related to the Liberals' cancellation of two gas plants, alleged in court documents that Faist was given the computer access by David Livingston, McGuinty's former chief of staff.

The court documents, released last Thursday, also allege that Livingston sought access to the government computers to "wipe clean" the computer hard drives. The allegations contained in documents have not been proven in court.

The Progressive Conservatives said Wynne's admission added weight to their claim that she was in charge early last February when the hard drives were apparently wiped clean, even though she wasn't officially sworn in as premier until Feb. 11. THE CANADIAN PRESS

What was billed

The government said computer expert Peter Faist's IT company billed the Liberal caucus $159,727.28 between June 2010 and January 2013, and also billed the Liberal Party of Ontario about $60,000 for IT maintenance between March 2011 and last Sunday.

Finally feeling like springtime

Bruce Carmody, of Newmarket, and Jorn Hansen, of King City, took advantage of the mild weather on Monday to set up their cameras with telephoto lenses and take pictures of birds in the lake at Humber Bay Park West. People all over the city were overjoyed with the sunny, springlike temperatures and some bars opened up their patios for the afternoon. BERNARD WEIL/TORSTAR NEWS SERVICE

Pay

Housing CEO's assistant makes Sunshine List

There are more than 9,700 Toronto government employees on the Sunshine List of public servants who made $100,000 or more last year. Only one of them is an executive assistant.

Leisin Chan, the assistant for Toronto Community Housing Corp. chief executive Gene Jones and board chair Bud Purves, was paid $107,708 in 2013, according to the list released last week.

The board publicly disciplined Jones in February after an investigation triggered in part by an allegation that there was an improper attempt by someone at the public landlord to alter Chan's pay records. Jones and Purves have refused to say precisely what happened, but Purves says the investigation found "there was no attempt to manipulate the Sunshine List."

Three sources have told Torstar News Service that Chan's base salary was lower than $100,000 but that overtime pay brought her above the threshold. Chan did not respond to a request for comment on Monday. TORSTAR NEWS SERVICE

Toronto filmmaker's Destiny to open ReelWorld

Jeremy Whittaker makes his film debut at the ReelWorld Film Festival with his movie about a Toronto woman with Jamaican roots returning to her parents' homeland. DAVID COOPER/TORSTAR NEWS SERVICE

Jeremy Whittaker. Film explores T.O. woman's return to Jamaica

When Jeremy Whittaker first saw the iconic movie Jurassic Park as a teen in Jamaica, he fell in love with what was on screen and hoped to one day become a director.

Whittaker, 35, is finally living that dream. His first feature film, Destiny, a romantic drama exploring the theme of returning home to Jamaica as well as the vibrant music scene there, opens Toronto's ReelWorld Film Festival Wednesday.

Originally from Kingston, Jamaica, Whittaker now lives in Toronto. The child of a doctor and an actuary, he was sent to Canada to attend Robert Land Academy, a private military boarding school, because he was a "bit wild."

The academy "taught me discipline," he said.

He returned to Jamaica after attending U of T, worked as a TV producer at a local station and then started his own green-screen studio with a friend. He also directed music videos, winning the People's Choice Award for best video at Jamaica's 2010 Excellence in Music Entertainment Awards.

Island love story

"It's a different kind of Jamaican story."

Jeremy Whittaker on his film Destiny

That year, Whittaker came back to Canada with an eye on making movies. He joined the Directors Guild of Canada, did an apprenticeship and started working on the script for what would become his first movie.

Whittaker's $1.4-million independent film was shot in Jamaica and Toronto, and tells the story of a Canadian woman of Jamaican heritage who returns to the island to deal with property belonging to her parents, who have been killed in a car crash. Along the way, she falls in love with a Jamaican musician and reconnects with her family.

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New clinic to specialize in medicinal weed prescriptions

A Georgian Bay-area family physician is opening a clinic in north Toronto that will specialize in writing patients' prescriptions for medical marijuana.

Capitalizing on a reluctance by doctors to prescribe cannabis as a medication, Dr. Danial Schecter will open Cannabinoid Medical Clinic at Yonge and Eglinton in May.

"It's always exciting to be a leader in the field," says Schecter.

"It's a great way to help people and it's also, from a financial perspective, a good business opportunity."

Under new medical marijuana regulations, which take full effect April 1, medical marijuana patients must be prescribed cannabis by a doctor or nurse practitioner, and buy their weed from a licensed commercial grower.

However, many in the medical profession are reluctant to prescribe cannabis and Schecter is not the only one who sees that as a business opportunity. Several referral and walk-in cannabis clinics are expected to open in the near future, hoping to supply the demand for medical marijuana.

The clinic will offer "cannabinoid therapy," meaning suitable patients will be prescribed either marijuana or pharmaceutical drugs similar to cannabis, such as Cesamet and Sativex.

An annual fee of between $100 and $200 will cover an education session in which patients learn about different strains of cannabis and how to procure it. Schecter says some licensed producers have told him they will reimburse the fee amount to patients.

The clinic will also provide education sessions to physicians, says Schecter.

TORSTAR NEWS SERVICE

Dr. Danial Schecter is at the helm of Ontario's first pot clinic, slated to open at Yonge and Eglinton in May. KEITH BEATY/TORSTAR NEWS SERVICE

Top: Food Not Bombs participants strike gold in an Annex dumpster last Thursday. Bottom: Food Not Bombs served free soup, garlic bread and baked apple squares to passersby at Bathurst and Bloor on Sunday. DYLAN C. ROBERTSON/FOR METRO

Waste not: Dumpster divers offer free lunch

Food Not Bombs. Movement protests poverty by showing how much food is wasted in 'capitalist' systems

DYLAN C. ROBERTSON
toronto@metronews.ca

Six people surround an Annex-area dumpster on a chilly Thursday evening and peek through the lid.

"There's all kinds of stuff in there! Here, hold my bag," says Tasha Stansbury, who hops in the dumpster with a friend and starts pulling out zucchini. "Score! This one only has a dent!"

At an Italian restaurant across the road, diners look up from their $20 gourmet pizzas. Some stare as the group of mostly students fills two plastic bags with vegetables and bread.

Welcome to the Toronto chapter of Food Not Bombs, a loosely organized network based on recovering edible vegan food from dumpsters and serving free meals to the public.

Boston anti-nuclear activists claim to have started the movement in 1980, which has since spread worldwide. Food Not Bombs (FNB) chapters across Canada protest poverty by showing how much food goes to waste in "capitalist" systems. Toronto's chapter was revived during the 2011 Occupy protests, but fell flat shortly after.

Last fall, after a year with the movement's St. Catharines' chapter, Stansbury restarted the Toronto group when she started equity studies at U of T. She discovered the Toronto branch's Facebook group had almost a thousand members but no events in more than a year. "It's a perfect combination of the things I love: food, community and anti-poverty work," Stansbury says.

Quoted

"I always knew we wasted a lot of food, but it's really quite shocking how much."

Tasha Stansbury, Food Not Bombs

On Thursday's dumpster dive, Janel Halenko pulls out a large butternut squash with a toonie-sized black patch. The cold weather has kept bunches of kale and bags of peas fresh.

"You see how much of this is still edible?" says Halenko. "Fruits are risky, but you find food that's perfectly good."

The group ends their dumpster-diving trek at an independent vegan bakery. The owner, an FNB supporter, provides space in a refrigerator until Sunday, when nine people assemble to cook. The group talks politics, cracks jokes and relies on fellow members' culinary creativity.

After two hours, a meal is ready. The group unfolds a table at Bathurst and Bloor with a large pot of soup, cooked soy meat, baked apple squares and piles of garlic-toasted buns.

"Free vegan food!" the group chants. Passersby eye the table skeptically; a few take pamphlets explaining where the food comes from.

Immediately, passersby seem to walk slower. More people stop to try the food, from well-dressed theatregoers to a few homeless people. Within an hour, at least 50 people are eating dumpster-salvaged food for the first time, with many staying for seconds.

Opening of island airport tunnel delayed

The opening of the pedestrian tunnel to connect passengers between the mainland and Toronto's island airport has been pushed back until late 2014 or early 2015.

The tunnel was originally scheduled to open this August; the delay is blamed on this year's extended winter, which brought extremely icy conditions into the two main shafts, forcing construction workers to chip away at giant chunks with chainsaws.

"With the constant deep freezes, (the ice) just kept building and building," said Ken Lundy, director of infrastructure, planning and environment for the Toronto Port Authority, the airport's operator. "They have been chipping the ice off, collecting it and then transporting it off-site," he said, with chunks trekked mostly to the marine terminal near Cherry Beach, where it will eventually melt.

The tunnel is considered a critical piece of the puzzle to improve traffic gridlock near Billy Bishop Toronto City Airport. City officials have cited transportation infrastructure concerns at the facility, and city council is set to debate Tuesday Porter Airlines' proposal to land jets at the airport. Bureaucrats have recommended that politicians defer any decision on flying Bombardier's CSeries jets and extending the runway at the island airport until the city negotiates an agreement around the airport's operations, including interim flight and passenger caps.

Airport improvement fee

The tunnel is being funded through a $20 airport improvement fee paid by departing passengers.

Despite using tarps and heating devices, workers collected 500 to 600 cubic metres of ice over the winter, weighing as much as 500 tonnes, Lundy estimates. Water continued to seep into seams in the shale rock, and as the tunnel shafts were still open to the elements, that water turned to ice in the frigid temperatures. However, when the tunnel is complete, the water will be collected behind concrete walls and pumped away.

TORSTAR NEWS SERVICE

Hello, Daffodil

Cancer survivor Mutasim Khandakar, 8, of Toronto with Martin Kabat, CEO of the Canadian Cancer Society, Ontario Division, kick off the Canadian Cancer Society's Daffodil Month on Monday. This year, through a partnership with Loblaws, more than one million fresh daffodils will be sold on behalf of the charity exclusively at the chain's stores. CONTRIBUTED

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BRINKS GARNEAU PEDAL

Fatal police shooting sparks mass outrage

Albuquerque, N.M.
Protests come after hacking collective Anonymous threatens retaliation for shooting of homeless man

Riot police launch tear gas toward activists in downtown Albuquerque, N.M. during a 10-hour protest Sunday. RUSSELL CONTRERAS/THE ASSOCIATED PRESS

Hundreds of protesters angry over recent Albuquerque police shootings clashed with riot officers for more than 10 hours, calling on the police chief and other city officials to resign.

Gas canisters were thrown outside police headquarters, and protesters at one point trapped police in a vehicle and tried to break its windows. Mayor Richard Berry said one officer was injured during the protest. Jail records showed at least six people were booked on disorderly conduct charges.

The outrage bubbled over following the recent fatal shooting of a homeless man as he appeared to be surrendering after an hours-long standoff in the Sandia foothills. Video of that shooting has been posted on websites around the world.

The FBI has opened a criminal investigation of the shooting, while the U.S. Department of Justice has been investigating allegations of excessive force and a culture of abuse for more than a year.

Albuquerque police officers have been involved in 37 shootings, 23 of them fatal, since 2010. Critics say that's far too many for a department serving a city of about 555,000.

THE ASSOCIATED PRESS

Snakes alive! What a rescue

Firefighter Scott Hemmelsbach holds a python that he rescued from a burning home in Muskegon, Mich., Sunday night. Hemmelsbach said that he reluctantly agreed to enter the two-storey, smoke-filled house to retrieve the snake. He says he cradled the "weighty" snake before carrying it to safety. COURTESY GORDON COLE/THE ASSOCIATED PRESS

Uganda's anti-gay law

'Thanksgiving service' held

President Yoweri Museveni of Uganda launched fresh condemnation of gays, saying they deserve punishment because homosexuality "is criminal and it is so cruel."

Museveni, who last month signed a bill strengthening criminal penalties against homosexuals, spoke at a "thanksgiving service" Monday organized by religious leaders and government officials. Thousands of Ugandans attended, many of them schoolchildren.

THE ASSOCIATED PRESS

Neurodevelopment of Children Exposed in-Utero to Chemotherapy for Maternal Breast Cancer (PI - Dr. I Nulman)

The Motherisk Program at **The Hospital for Sick Children (SickKids)** in Toronto is recruiting volunteers for a study on the physical health and neurodevelopmental outcomes of children exposed to maternal chemotherapy and/or surgery for breast cancer during pregnancy. The findings of this research will help optimize breast cancer treatment during pregnancy, while minimizing the risks for the fetus.

Who is eligible to participate?
- Children up to 16 years of age who were exposed to maternal chemotherapy and/or surgery for breast cancer during pregnancy.
- The child's parents or primary care providers

What is involved in the study?
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NEW HELP FOR YOUR HAIR

Maya was shocked by the change in the appearance of her hair. Fullness and volume were replaced by thinness and lifeless hair.

"My Hair Was Thinning"

"The hair I found in my brush, in the shower and on my cardigan was unfamiliar to me. I didn't even recognize my own hair. How could this happen?

Had to do something

Much of my personality is in my hair, and I did not want to have the same problem as my mother did. I tried many things but none solved my problem. I had heard about the importance of nutrition for healthy hair, so I decided to focus on the inside rather than on the outside.

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Maya N, Sweden

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Australian PM pledges to continue search

Royal New Zealand Air Force P-3 Orion's captain, Wing Commander Rob Shearer, scans the southern Indian Ocean Monday while looking for evidence of missing Malaysia Airlines Flight MH370. Although it has been slow, difficult and frustrating so far, the search for the plane is nowhere near the point of being scaled back, Australia's prime minister pledged Monday. The three-week hunt has turned up no signs of the Boeing 777, which vanished March 8 with 239 people bound for Beijing from Kuala Lumpur. ROB GRIFFITH/THE ASSOCIATED PRESS

Russia sees 'virtue' of pact, Baird says

Tough diplomacy.
After Crimea debacle, expert warns Canada should have its eye on Arctic claims

Foreign Affairs Minister John Baird says he hopes Russia has seen the "virtue" of diplomacy to resolve the crisis in Ukraine, while a defence expert warns that Canada should be paying more attention to Russia's claims in the Arctic.

Baird, speaking in Chisinau, Moldova, sounded hopeful about talks between Russian Foreign Minister Sergei Lavrov and U.S. Secretary of State John Kerry in Paris, aimed at diffusing tension in eastern Europe.

"We believe that Russia has apparently now seen the virtue of a diplomatic pact and equivalent steps in positive action," Baird said at a joint news conference with Moldova's foreign minister.

"Frankly speaking, the actions of the Russian Federation will speak more loudly than its words."

He again called on Moscow to withdraw troops from Crimea and along the borders of eastern Ukraine.

Russia laid out a tough set of conditions for a diplomatic settlement, proposals that would radically alter the way Ukraine is governed and administered by making regions more autonomous.

Baird met with a series of senior government ministers in Moldova, a country squeezed between Ukraine and Romania, and assured them Canada strongly believes in the country's territorial integrity.

But defence expert Rob Huebert of the University of Calgary says the Harper government should be paying closer attention to Canada's own yet-to-be-defined border with Russia in the Arctic.

His warning comes after a published report in Moscow last week saying further militarization in the Arctic that would challenge Russia's preeminence in the region is a "red line" that the West dare not cross.

Foreign Affairs Minister John Baird
FRED CHARTRAND/THE CANADIAN PRESS

Although Canada and Russia — as well as several other Arctic countries — are engaged in an international process, Huebert said Putin's recent annexation of Crimea in defiance of international law raises the question of whether Russia would respect a border decision that doesn't go in its favour.

THE CANADIAN PRESS

The wild climate ride has only just begun: UN panel

New report. Warning based on more than 12,000 peer-reviewed scientific studies

If the world doesn't cut pollution of heat-trapping gases, the already noticeable harms of global warming could spiral "out of control," the head of a United Nations scientific panel warned Monday.

And he's not alone. The White House says it is taking this new report as a call for change, with Secretary of State John Kerry saying "the costs of inaction are catastrophic."

Rajendra Pachauri, chairman of the Intergovernmental Panel on Climate Change that issued the 32-volume, 2,610-page report early Monday, told The Associated Press: "It is a call for action." Without reductions in emissions, he said, impacts from warming "could get out of control."

One of the study's authors, Maarten van Aalst, a top official at the International Federation of the Red Cross and Red Crescent Societies, said, "If we don't reduce greenhouse gases soon, risks will get out of hand. And the risks have already risen."

Twenty-first century disasters such as killer heat waves in Europe, wildfires in the United States, droughts in Australia and deadly flooding in Mozambique, Thailand and Pakistan highlight how vulnerable humanity is to extreme weather, according to the report from the Nobel Prize-winning group of scientists. The dangers are going to worsen as the climate changes even more, the report's authors said.

"We're now in an era where climate change isn't some kind of future hypothetical," said the overall lead author of the report, Chris Field of the Carnegie Institution for Science in California. "We live in an era where impacts from climate change are already widespread and consequential." THE ASSOCIATED PRESS

Time to wake up

Top scientists say the Intergovernmental Report on Climate Change, released Sunday in Japan, shows that Canadians must wake up to the impact of warming temperatures on land, on water and in communities. The report warns:

- The entire freshwater ecosystem of the vast boreal forest that stretches almost across Canada is under threat.
- Climate change will worsen problems that society already has, such as poverty, sickness, violence and refugees.
- Read more online: The Intergovernmental Panel on Climate Change: http://www.ipcc.ch

This Nov. 9, 2013, file photo provided by NASA shows Typhoon Haiyan taken by astronaut Karen L. Nyberg aboard the International Space Station. Global warming is driving humanity toward a whole new level of risks, a United Nations scientific panel reports, warning that the wild climate ride has only just begun.
KAREN L. NYBERG/NASA/THE ASSOCIATED PRESS

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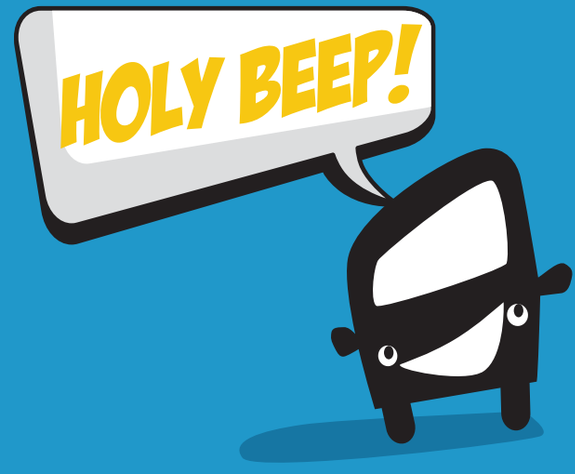

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See that symbol? It means you can scan this image with your Metro News app to see Russian President Vladimir Putin sing Blueberry Hill by Fats Domino.

PUTIN: PRESIDENT, PUGILIST, PERFORMER, PSYCHOPATH?

Metro asks a Toronto psychology professor what the Crimean crisis, hostile diplomatic relations and rehearsed public spectacles say about the Russian president's mental health

DYLAN C. ROBERTSON/FOR METRO IN TORONTO
toronto@metronews.ca

From a shirtless fishing trip to riding with biker gangs, Russian President Vladimir Putin is known for his eccentric media appearances.

When armed men in military uniforms arrived in Crimea, Putin claimed they were not Russian soldiers, despite coming from Russia in the country's military trucks. Last Saturday, Putin's former economic adviser told a Swedish newspaper that the leader aims to take back the Baltic countries and even Finland.

Analysts are wondering whether his rhetoric is simply political posturing, or if he's lost his mind.

In the midst of the Crimean crisis last month, German Chancellor Angela Merkel reportedly told U.S. President Barack Obama she wasn't sure whether Putin "was still in touch with reality."

So is Putin mentally unstable? Probably not, according to Steve Joordens, a psychology professor at the University of Toronto's Scarborough campus.

"You don't run part of the KGB and go on to lead a country without thinking straight," Joordens told Metro.

While it's impossible to evaluate someone's mental state from afar, Joordens believes Putin is instead tapping into the psyche of ordinary Russians, while manipulating other countries. Joordens sees three main themes:

A strong, manly image

Whether taking to the cockpit of a fighter jet or spinning out a Formula One race car at almost 240 km/h, Putin often appears to be a risk-taking stuntman.

Joordens says Putin is likely trying to show himself as a strong leader of a strong country after a rapid decline in territory and influence.

"Russia was one of two superpowers in its glory days, and it's lost a lot of self-esteem on a country level," he said. "Putin's attempt to show bravado is to preserve a sense of self-esteem."

Joordens notes that Putin portrays Russia as a global power faced with a common, external enemy: the West.

Double-speak

No one seems to know what's next for Ukraine, with Russia's foreign minister claiming his government has "no intention" of invading eastern Ukraine while they continue to station more troops at the border.

"It's a classic poker technique," said Joordens. "Unpredictability is a source of strength."

But Putin also shows his softer side, posing with his dog Buffy.

"He does like to surprise," said Joordens. "People use animals to make themselves look more compassionate."

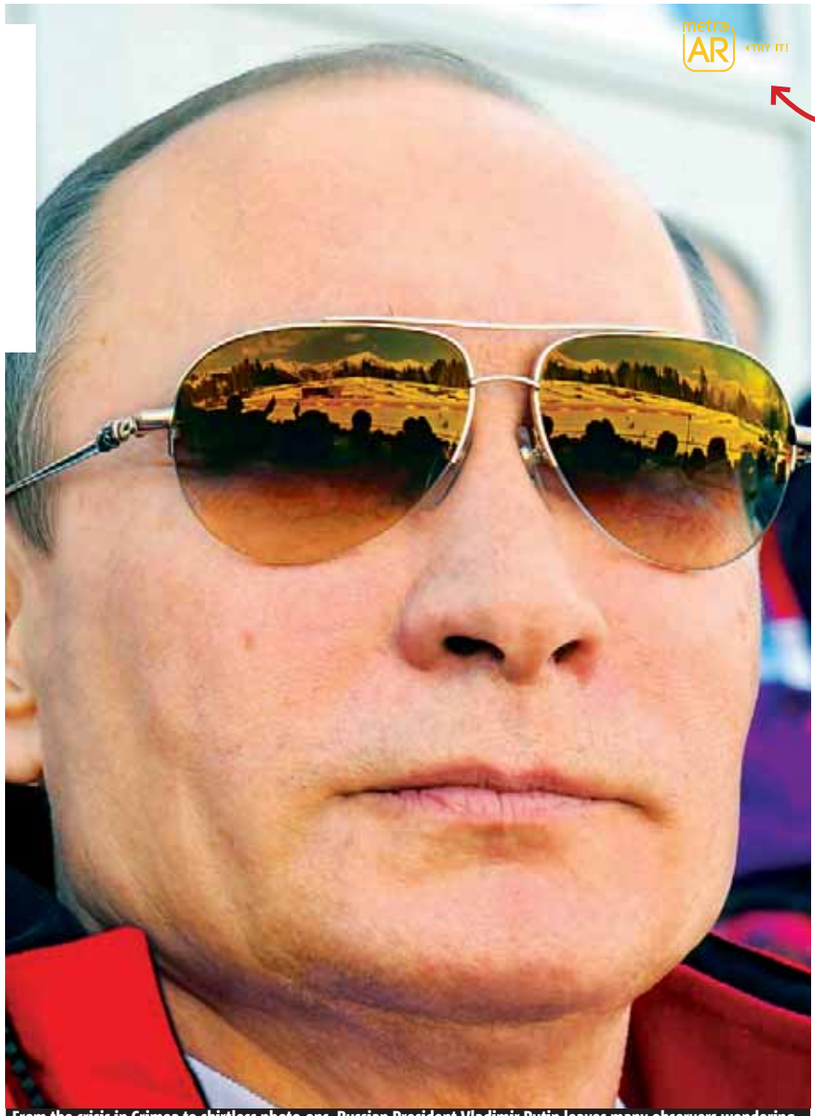
A hostile neighbour

Putin seems to be egging on Western countries, despite signing agreements against military action and carefully building up Russia's image through the Olympics.

"He knows that no one wants to go to war with Russia," Joordens said.

Joordens suspects that Putin saw Ukraine's uprising as a risk to Russia's influence, so he stepped in despite pleas not to. Joordens uses the analogy of a hostile neighbour.

"You might have someone causing animosity and friction around them, but they don't care because their family is the top priority," he said.



From the crisis in Crimea to shirtless photo-ops, Russian President Vladimir Putin leaves many observers wondering what's really going on in his head. MIKHAIL KLIMENTYEV/THE ASSOCIATED PRESS FILE

RICK MERCER REPORT
This week, Rick visits the three winning schools in this year's Spread the Net Student Challenge.
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UN orders a stop to scenes like this

A minke whale is unloaded at a port after a whaling trip for scientific purposes in Kushiro, in the northernmost main island of Hokkaido in September 2013. The International Court of Justice on Monday ordered a temporary halt to Japan's Antarctic whaling program, ruling that it is not for scientific purposes as the Japanese had claimed. In hopes of ending whaling in the icy Southern Ocean, Australia sued Japan at the UN's highest court for resolving disputes between nations. KYODO NEWS/THE ASSOCIATED PRESS FILE

There is no such thing as a new idea?

R&D. Judges must decide if Mark Twain was right when he argued we just make 'new and curious combinations' of existing ideas

Is it too easy for high-tech companies to patent inventions that are not really new, but simply old ideas blended with computer wizardry?

The Supreme Court in the U.S. wrestled with that question Monday as justices considered making it tougher for the government to issue patents for computer software.

The outcome could send tremors through an industry that touches virtually every sector of the economy, from gadgets on smartphones to advances in anti-lock brakes.

The issue has divided the nation's technology giants, with companies like Microsoft Corp. and IBM warning that new restrictions could nullify thousands of existing patents that are the product of billions in research and development. On the other side, firms including Google, Facebook and Netflix say the free flow of software patents has become a "plague" on the industry, blocking companies from promoting innovation.

THE ASSOCIATED PRESS

Waterloo, Ont.

BlackBerry won a preliminary injunction barring sales of a Typo Products LLC's iPhone keyboard attachment it claims infringes on two of its patents.

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IS THIS A SICK POTTY JOKE?

How do you flush a toilet?

You might think this question has a pretty obvious answer, but a recent discussion with some friends of mine has left me questioning everything I thought I knew about bathroom etiquette. It would seem that it's now standard practice to use your foot to flush the toilet when using a public washroom.

Am I the only person who didn't get the Health Canada memo on this new procedure? I had no idea that we were no longer using our hands to perform this perfunctory task.

Apparently this foot-flushing technique isn't just the invention of a neurotic minority. A 2013 study found that 64 per cent of North Americans operate the toilet flusher with their shoe-clad foot in order to avoid coming into contact with germs in public restrooms.

I can't understand why North Americans are so precious when it comes to personal hygiene. I happen to have an incredibly strong immune system in spite of my daily skin-to-toilet contact. My resilience probably has a lot to do with my complete indifference towards germs, a carefree attitude that I inherited from my father who is the type of man who will marinate a raw chicken breast with his bare hands and then lick the BBQ sauce off his fingertips.

SHE SAYS

Jessica Napier
metronews.ca

Despite all the fearmongering out there, I just can't bring myself to be afraid of something I can't see. I'm a firm believer in the five-second rule (or even the two-minute rule) and will gladly share a beverage with another person as long as we're on a first-name basis. I ride public transit, double-dip my chips and once ate a chocolate Easter bunny out of the garbage (it was partially wrapped, in my defence).

I'm not completely uncivilized of course. If someone offers me hand sanitizer I will use it because I know that is the polite thing to do and I adhere to the government-mandated arm-sneeze to protect all the anxious worrywarts out there.

Germs? Who needs 'em

Despite all the fearmongering out there, I just can't bring myself to be afraid of something I can't see.

It's actually these extremists— those who obsessively clean their countertops with pungent antibacterial wipes and scrub their hands like they're prepping for surgery — who seem to get struck down by the common cold so frequently. I assume their bodies are having bad reactions to all the antiseptic fumes and high levels of neuroses.

I know there's nothing glamorous about using a public bathroom, but karate kicking a toilet to avoid touching it with your hands just seems outrageously paranoid to me. If you're trying to avoid all of the infinitesimal microorganisms that are out there just waiting to latch onto you, you're just going to worry yourself sick.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Art that tests the waters

COURTESY JASON DECAIRES TAYLOR

Sub-aquatic museum

For the past five years, British sculptor Jason deCaires Taylor has transformed seabeds off Mexico and Grenada into underwater art sites. Taylor, 39, sculpts life-size statues, then submerges them at depths of nine metres. His work is featured in a new book The Underwater Museum, published by Chronicle Books. METRO

Q & A with Taylor

How did you come up with the underwater sculpture?
I started to explore how I could adopt a more conservationist approach in my sculpture. Being a diver and watching how we are losing swathes of coral reefs, I felt inspired to take action. An artificial reef — where marine life (and tourists) gravitate towards objects — seemed the perfect way for art to help the planet.

Help? How exactly?
The reef encourages fish and coral to live and grow there, while the human statues are linked to the concept of climate change. This art-meets-reef — a sort of visual regeneration – can instill a sense of hope and recovery.

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MetroTube

Howls in the Himalayas

ANDREW FIFIELD
metronews.ca

For most of the country, spring made its long-awaited debut in the past couple weeks — hang in there, Atlantic Canada.

Which, of course, means that all dreary winter dreaming about warm exotic places is easing a bit. Though, as that mental fog lifts, we find ourselves regretting the hastily booked Treacherous Himalayan Roads Tour.

Scan this photo of the Himalayas to watch the video of some courageous travellers who skirt the mountain cliff. GETTY IMAGES

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See that symbol? It means you can scan this image with your Metro News app to see a photo gallery of Emma Watson from her start in Harry Potter to Noah.

SCENE

DVD review

Anchorman 2: The Legend Continues

Director. Adam McKay

Stars. Will Ferrell, Steve Carell, Paul Rudd

I quote Brian Fantana's promise about Sex Panther cologne: "60 per cent of the time, it works every time."

So does this long-awaited comedy sequel that supposedly nobody wanted — except for millions of fans of Ron Burgundy, Will Ferrell's puffed-up TV newscaster, and his Channel 4 teammates: scented news sleuth Fantana (Paul Rudd), thunderdolt weatherman Brick Tamland (Steve Carell) and sports clod Champ "Whammy!" Kind (David Koechner).

Now that it's here, again directed by Adam McKay and co-written with Ferrell, it must be said that Anchorman has gone from being kind of a big deal to being kind of a bloated deal. Anchorman 2 nevertheless amuses, with your personal hilarity meter likely rating it higher if you enjoy seeing beloved characters acting even goofier. **PETER HOWELL**

Emma Watson moves beyond Hermione

All grown-up. The star of new release Noah talks to Metro about her movie career, and finding a work-life balance

GABRIELA ACOSTA SILVA
Metro World News

Emma Watson with costar Douglas Booth in Noah. HANDOUT

Hermione is all grown-up now. Almost three years on since the Harry Potter movie franchise ended, Emma Watson is out to prove there is life beyond Hogwarts. "I still need to show people what I can do outside of Harry Potter," the star of Noah tells Metro Latin America at the Spanish premiere of the new movie in Madrid.

There's been a lot of buzz surrounding Noah, both good and bad.
The producers did a lot of research and came up with many different versions of the script. The biggest problem is that in the Bible, Noah's story is like half a page. So basically, we made a three-hour movie out of three paragraphs.

How would you describe the movie?
When the screenplay is written by someone like Darren Aronofsky you know you're going to be doing something special. I'd say the movie is more of a study of people who find themselves in a futuristic, apocalyptic world.

What is your biggest challenge right now?
Prove that I am no longer Hermione. I need to be able to be good, bad, bold or innocent in whatever role I take on. But I still need to show people what I can do outside of Harry Potter. I don't think I'm quite there yet, but I'm getting there.

You're studying as well as working. How is university going?
I'll be graduating from Brown University in May and I'm glad I took the time out to study. I have the rest of my life to make movies and I feel like I learned a lot just by living alone in another country. I feel like I'm at the stage where I now have a healthy balance between my professional and personal life.

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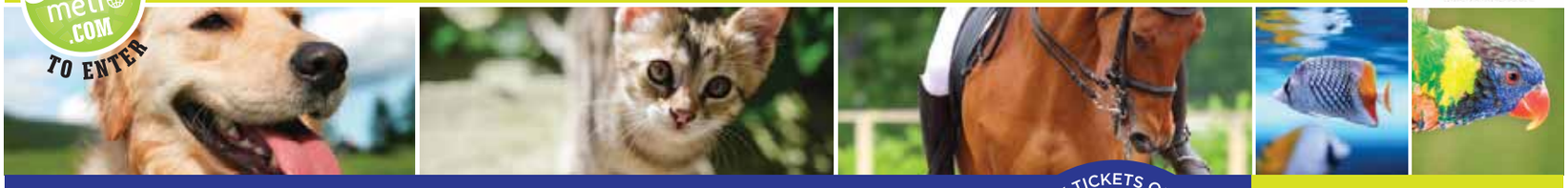

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Ebooks

Skulls & Bones: El Inglés Goes Missing

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

By. Jay Malinowski

iBooks/Kindle/Kobo

In this first novella from Bedouin Soundclash singer Jay Malinowski, a weathered box gives up a collection of letters between an old sea dog and the granddaughter he left behind in Cape Breton. Smudged with photos and drawings they detail a violent, and rather confusing, Maritime family history. An included song, Skulls & Bones, suggests a deeper mystery will follow.

Don't mistake this for a rock doc

Mistaken for Strangers. Film about The National chronicles what happens when a slacker takes a hard look at his life

STEVE GOW
scene@metronews.ca

Mistaken For Strangers shows The National to be less rocker and more like regular people. THE ASSOCIATED PRESS

Fans of indie rock band The National should be slightly cautioned before buying tickets to see Mistaken for Strangers. After all, the film is certainly less a music documentary than it is a comedy of errors about the singer's brother who slacked his way onto the screen.

"I tell people this (is) not really a rock doc," explained director and subject Tom Berninger. "If you like The National, see this movie because you're going to see them as normal people not talking about their music for once. You can go watch that on You Tube."

The National's music may be downplayed but Mistaken for Strangers (opening April 10th in Toronto and available on iTunes) does capture how connected the Ohio band is. After band leader Matt Berninger asked his idle 30-something sibling to help the road crew during a year-long tour, Tom instead aimed to film the musical mayhem of a travelling rock band. To his surprise, however, the backstage antics weren't what he expected.

"It kind of sucked in that way," said Berninger, who jokes that he ended up with a lot of footage of guys on laptops. "They weren't partying with me, so I had to party by myself."

His outrageous conduct surely made for an amusing comedy but it also got Tom fired from the job. As the film's emotional twist, it also proved a turning point for the would-be filmmaker, who then had to look inward for inspiration and, essentially, turn the accidental doc into a painstaking study of self.

"I had a lot of encouragement, a lot of help with other people telling me this stuff was good, or this stuff was terrible — (there was) a lot of that, too," laughed Berninger. "Our motto in the editing room was that anything creative you do is always bad until it's good."

Quoted

"I had a lot of encouragement, a lot of help with other people telling me this stuff was good, or this stuff was terrible."

Filmmaker Tom Berninger

Being Berninger

- **Berninger on his film opening the Tribeca Film Festival.** "Honestly, when they first told me that I was the opening movie of the festival, I thought, does that mean my movie is going to show at 10 o'clock in the morning on the first day?"
- **Why Berninger didn't make a concert film.** "I didn't have the footage to make a rock doc. I only had one camera so logistically I couldn't shoot concerts," said Berninger. "I kind of knew early (on) that it wasn't going to be your typical rock doc."
- **Berninger's first film was a low-budget, never-released horror movie about a killer "barbarian with an identity crisis" — a genre he may revisit.** "I'd like to. We got a few things working. I can't recreate what I did here. This is a special thing and I would probably never do a rock doc again."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Bachelor stars get no love from Atlantic City

PAT HEALY
Metro World News in Boston

Atlantic City didn't have the kindest of receptions for Bachelor star Juan Pablo Galavis and his girlfriend, Nikki Ferrell, who came to the resort town for a special appearance at The Pool After Dark at Harrah's Resort Atlantic City on Saturday night.

Galavis and Ferrell appeared on the red carpet around midnight, and the locals were angry. Galavis was originally to sit at a VIP table next to the stage until someone (it is not known who this local hero was) threw an aluminum beer bottle at him. After that, the organizers moved him to a cabana area for his own safety.

According to reports (read: the publicist who sent me this), Ferrell joined Galavis in the VIP cabana area where they "kissed" and "held hands" until around 3 a.m, hopefully fulfilling all contractual engagements.

Read: The two didn't stick around for that long, and once they collected their paycheque, flew to Miami the next day.

One part Franco didn't play was Lohan's lover

Lindsay Lohan

James Franco doesn't say the whole list is bogus, but he definitely doesn't think his name belongs on it, insisting that he has never gotten intimate with the troubled starlet.

In an interview with Los Angeles Magazine, Franco defends his decision to write about other celebrities in his new book of poetry.

"I didn't write anything bad about them," he says. "And Lindsay herself has told lies about me with her 'people she's slept with' list. So I feel like what I said is much less than what she's said."

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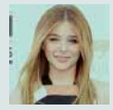

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Thanks for all the B'dy wishes. You've made a newly 43 year old very happy. Cheers the noo.

@EvaLongoria
Just realized we did a little pilot called Desperate Housewives 10 years ago! March 2004!

Have you Heard? Depp is wearing a 'chick's ring'

Johnny Depp showed off a diamond engagement ring that he called a "chick's ring" on Monday - indirectly confirming rumours of his engagement to actress Amber Heard.

Asked whether he was engaged, the Pirates of the Caribbean star replied, "The fact that I'm wearing a chick's ring on my finger is probably a dead giveaway. Not very subtle." He laughed as he lifted up his left hand and displayed a single diamond on a band around his ring finger.

His comments follow months of unconfirmed reports of his engagement to actress Heard, 27, who starred alongside Kevin Costner in 3 Days to Kill released in the U.S. earlier this year. THE ASSOCIATED PRESS

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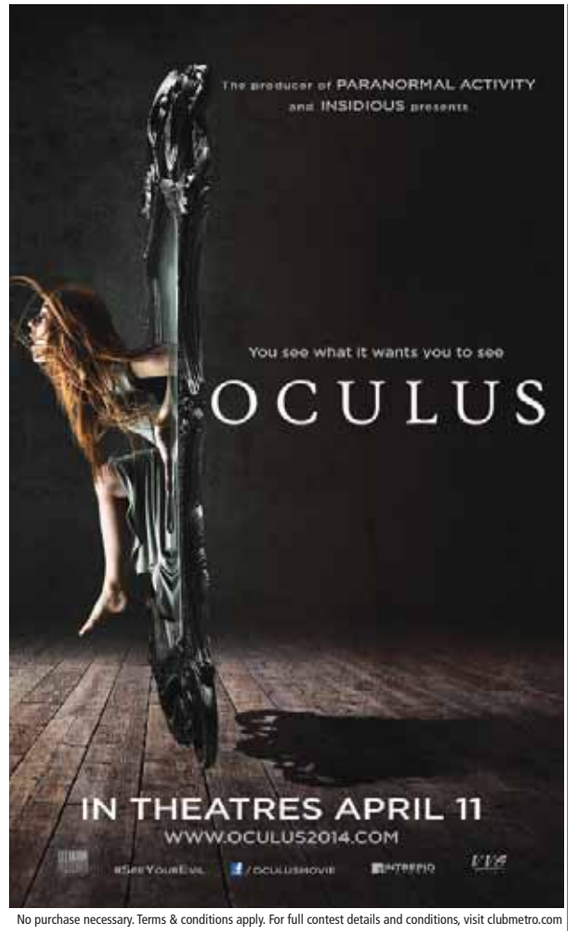
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LIFE 3

Putting a face to autism

National Autism Awareness Month.
April is a time to educate the public about everything autism. A mom offers a glimpse into an evening with her autistic daughter

LESLEE HERSH
life@metronews.ca

Lauren, 13, was diagnosed with autism at age 4. SUBMITTED

It's Friday and the nanny has left for the weekend. Lauren is submerged in the bath, singing aloud, happy as a clam. She is always happy, and that is my salvation. All we are supposed to want for our children is for them to happy, isn't it?

I realize I forgot her PJs and a fresh towel, so I go to retrieve them from the closet in her bedroom. I come back to small drips and puddles along the bathroom floor. The shuttered bathroom window is now firmly closed, as is the vanity drawer, both of which were inadvertently left slightly open. She is lying contentedly back in the bathtub and could stay there entertaining herself for hours if I let her. Everything is in perfect order, as it must be, or chaos might ensue.

"Write down calendar!" she cries. I transcribe a visual daily calendar with activities on a chalkboard in her room, each upcoming event identified — from mealtimes and snacks to baths and sleep. This is critically important to her, so I use it as a tool to motivate her to focus on getting herself dressed. "First PJs, then calendar," I tell her. For the reward, she obliges.

The telephone rings. "Goooooodbyyye!" she shrieks before I even answer.

Lauren does not like when my attention is focused on anything but her. I tell her it is Grandma, and ask if she would like to say hello. "Eeeyeeeessss", she replies. The conversation ensues: "hiGrandmahowareyoulamgood" and is followed by a series of "eeeyeeesses" in response to unheard questions. After a quick "Goodbye, Grandpa" (who is really still Grandma), I take the phone to speak, and the "gooodbyyyes" start again, over and over until the phone is set properly back in its cradle.

I fill out her calendar while she grabs her Magna Doodle and begins furiously scribbling to calm herself down further. This is her "stim." Others living with autism — a disorder of neural development characterized by impaired social interaction and verbal and nonverbal communication, and by restricted, repetitive or stereotyped behaviour — like to rock back and forth or find other repeated actions to calm down.

"I need hugs, Mom." The squeezing motion calms her again, and she reaches for her cherished iPad and searches YouTube. For the next several hours, she positions herself in her usual way, deep within the folds of her beanbag chair, and repeatedly watches Barney, Baby Einstein, and Sesame Street episodes that she has watched nightly for years.

Next, she carefully inspects their video box covers that she has managed to source on eBay, because this too is very important to her. She has memorized every single word and song from every one of these YouTube videos and recites them, in sync with the films. The precision is almost perfect now, but this has taken several years of dedicated practice, because she cannot even carry on a conversation yet. She is 13.

I take away the iPad and prepare her for bed. Again, she babbles out loud to herself and carries on like this easily for the next two hours. She laughs out loud and then sings, completely immersed with the images and voices in her head. She laughs again when she hears Rihanna and Eminem sing they are friends with the monsters in their head, as if she understands. I suspect she does. She loves music more than anyone I know. Sometimes I stop when I think of her most favourite songs because I am afraid to believe my own thoughts. If she does understand, and my desperate hope for "normalcy" returns, will it be crushed again by professionals telling me it is only wishful thinking?

The songs? Firework by Katy Perry, and Born This Way by Lady Gaga. Read the lyrics and — although she might not be coherent should you meet her, and certainly could not share her thoughts with you — please be the judge.

Then, try to understand the frustration that she lives with day after day, night after night, and year after year.

That is the face of autism.

For your phone

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Kris Abel
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The world of health studies

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Best Health regularly covers family health studies. Here are a few recent ones.

Rules matter: In an Australian study, parents of 4,000 children aged four and five were asked to describe their parenting style and then report every two years on their child's height and weight. Researchers found parents who set consistent rules about TV viewing, dinnertime and physical activity tended to have children with healthier weights.

Binge drinking: One in five high school students reported binge drinking (five or more drinks) recently, and one in 10 reported "extreme" binge drinking (10 drinks or more), according to an American study. Researchers say better enforcement of underage drinking laws may help.

Successful breastfeeding: A U.S. study found that women who spend on average three hours with a lactation consultant are more likely to start breastfeeding their babies and to still be breastfeeding three months later. Lactation consultants can be accessed through hospitals or public health programs. They can help with various problems.

Teens and obesity: Adolescents who are obese have a quadrupled risk of high blood pressure in adulthood than teens who are not obese, according to an American study. This is just part of the growing evidence that heart disease may start in childhood.

Aggression: Children who were spanked twice a week by their mothers at age three or five were much more likely to break rules and act aggressively by age nine than those who were not spanked, says a U.S. study of 2,000 families.

Interestingly, frequent spankings at age five from fathers resulted in lower test scores on receptive vocabulary.

Women who spend time with a lactation consultant are more likely to start breastfeeding and still be doing so three months later. ISTOCK

Music devices and hearing loss: One in six teens age 13 to 17 has preventable hearing loss. However, parents were found to be unaware of the risk of high-frequency hearing loss, which happens over time and is often related to personal music devices. Researchers say parents need to talk to teens about reasonable music volumes.

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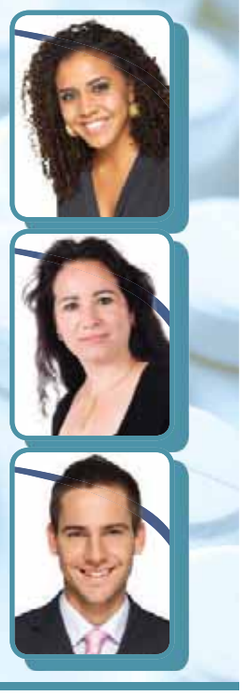

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ADVANCING GENERICS

See that symbol? It means you can scan this image with your Metro News app to see a video of Nutri-bites columnist Theresa Albert visiting a mushroom farm.

Creamy comfort without the cream

Health Solutions

Spongy, pale, small and nutrient heavy

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Spring marks the big thaw and the sprouting of luscious things from the earth.

All mushrooms contain trace minerals that they pull from the earth and/or the wood that they grow on. They are also high in the stress-fighting B vitamins and contain bone building vitamin D.

Quite a punch for a small, pale, spongy thing.

Many wild and specialty mushrooms are grown year-round in temperature, moisture, light and heat controlled barns.

They feed on wood logs that are specifically structured and tended to according to each species' needs.

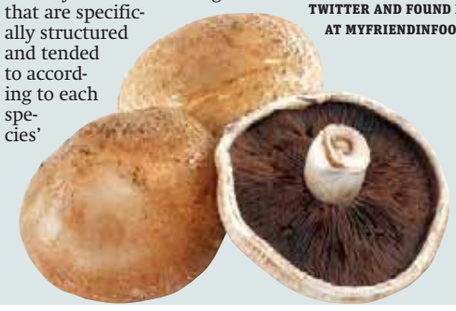
Dried mushrooms are fairly common but can get pricey! Search the Asian section of your grocery store for a big ol' bag of shiitake shrooms rather than in the grocery section for a delicate pack of "mixed gourmet". You will get *mush* more bang for your buck. Get it?

By far, the best way to cook any fresh mushroom is in a skillet that has been heated to very high heat.

Rinse and dry the mushrooms on paper towels, add a knob of butter to the hot pan and let melt and slightly brown.

Do not crowd the pan. Allow space between each piece since the key to cooking mushrooms, so they brown rather than turn grey, is to make sure the water evaporates.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Quick Cream of Mushroom Soup.

Forego tradition and make this filling soup with new ingredients

THERESA ALBERT
myfriendinfood.com

No one will ever know that there is yogurt and tofu in this soup instead of cream.

Together, they are excellent and filling protein.

The only trick to this soup is to keep the temperature at a simmer since boiling will turn the creaminess into graininess and then we are both busted as nutrient hiders. Don't say I didn't warn you!

This recipe serves four and takes 20 minutes to make. THERESA ALBERT

1. Break shiitake mushrooms into smaller pieces and place in a microwavable bowl with the 2 cups of water. Cover and place in microwave for 3-4 minutes until softened. Set aside

2. Stir cornstarch into the plain Greek yogurt and set the mixture aside.

3. Brown butter in a large pot and add onions, cook for 3 minutes. Add mushrooms and brown over medium high heat for 3-4 minutes.

4. Add pepper, onion powder and stir 2 minutes. Pour reconstituted mushrooms with liquid through a strainer to catch any dirt or sand, add chicken broth and tarragon and bring to a boil to for 5 minutes.

5. Whisk in yogurt mixture and silken tofu.

6. Puree the mixture with a hand wand or in a blender, and top with cheddar when serving. THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 1 cup dried shiitake mushroom
- 2 cups water
- 1 tbsp cornstarch (or arrowroot powder)
- 1 cup plain, gelatin-free Greek yogurt
- 1 tbsp butter
- 1 onion, chopped
- 8 oz (1 package) sliced mushroom
- 2 tsp white pepper
- 1 tsp onion powder
- 2 cups reduced sodium chicken broth
- 1 tsp tarragon
- 6 oz (1 package) silken tofu

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Candles suit biz to a teacup

Wicks of the trade. Flare for candle-making turns weekend hobbyist into full-time entrepreneur

TAKARA SMALL
Metro News in Toronto
@takarasmall

Who says something chic has to be new?

Natalie Mancini, the founder and owner of La Vela Bella Inc., has dug up a fresh way to make what was once old new again, all in the name of art.

Mancini makes one-of-a-kind candles in glassware, bowls and teacups. She's earned much praise for her unusual approach: She scours the city to find the old (sometimes antique) teacups she recycles for her art.

"With my teacup line, about 98 per cent of the time, each candle and cup is one-of-a-kind ... You won't be able to find another one like it anywhere else," says Mancini.

Her pieces are made in a Junction-area studio she shares with six different artisans and business owners. Although her lifestyle pieces are stocked across the city, she prefers to work at the shared studio where creativity surrounds her work.

Mancini's new career path from hobby crafter to full-time entrepreneur wasn't always a sure thing. The Torontonian began crafting her teacup candles on the side for friends and family, unsure if consumers would pay for her unique wares.

"I brought some of what I made and showed my then-boyfriend (now husband), and he said, 'You realize people would actually pay money for these,' to which I had to respond," she says with a laugh. "From there, I showed my prototype to a store in my neighbourhood and they picked up the candles. They sold out of the first order that I dropped off and reordered.

"After they sold out of those as well, I gained some confidence and shopped them around more stores."

La Vela Bella turns second-hand china into one-of-a-kind candles. CONTRIBUTED

Her journey to full-fledged entrepreneurship, she hopes, will help others hoping to pursue similar career paths as well. Her advice? Start small and grow your business before you take the big leap to make sure there is a demand for your products.

"I started to do it on the side, like on my weekends and evenings, and sometimes in the mornings before I went to work. Then I asked my boss if I could go down to part-time, so I was working three days a week at my full time job, and had two days a week to develop the business," she says. "And this summer my husband and I decided that we're in the perfect time of our lives to take this risk and have me work on it full time to see what I can really do."

E-laborate

Go to metronews.ca/mom-and-pop-shops/ to see a behind-the-scenes look at Natalie Mancini's studio.

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Miguel Cabrera, Robinson Cano and Mike Trout will have to live up to huge expectations after signing a trio of the biggest contracts in the history of baseball. Scan the image with your Metro News app to vote on some of the worst contracts in sports.

SPORTS 4

Jays pick up where they left off in Tampa

MLB. Toronto's luck looks to have carried over from 2013 with Reyes injured, Dickey thumped in opener

Rays outfielder Desmond Jennings, left, beats the tag of Toronto Blue Jays catcher Josh Thole to give Tampa Bay a 6-0 lead during the fifth inning of Monday's season opener in St. Petersburg, Fla. CHRIS O'MEARA/GETTY IMAGES

Jose Reyes aggravated an injury, R.A. Dickey struggled and the Toronto Blue Jays ended up with a one-sided loss to Tampa Bay.

David Price took a shutout into the eighth inning and Matt Joyce drove in three runs Monday to help the Rays begin the season with a 9-2 victory over the Blue Jays.

Reyes left the lineup after his first at-bat because of a tight left hamstring. The star shortstop led off the game and was robbed of a hit on a diving catch by Rays centre-fielder Desmond Jennings. He was replaced in the field by Ryan Goins.

"I tried to run a little bit faster between home plate and first base, and I kind of feel my hammy there," Reyes said. "So I have to slow down and get out of the game because I don't want to get any worse."

Reyes missed several games during the final week of spring training with the same problem, and wasn't at 100 per cent for exhibition games Friday and Saturday in Montreal. He will have an MRI and is expected to be put on the 15-day disabled list on Tuesday.

"Irritated the same spot, so that's a concern," Toronto manager John Gibbons said.

Reyes missed 66 games last season after going on the DL April 13 with a sprained left ankle.

Price (1-0) allowed two runs and six hits over 7 1/3 innings to beat R.A. Dickey in a matchup of 2012 Cy Young Award winners. The hard-throwing lefty walked one and struck out six before a crowd of 31,042 at Tropicana Field.

"It's really disappointing and frustrating," Dickey said. "You feel like you let a lot of people down. Against David Price, one of the best pitchers in baseball, if you don't match him inning per inning, it's going to be tough to win the game. I put us in a hole early. Walked some guys early, gave up some 0-2 hits with runners in scoring position, and that was the game."

Price limited the Jays to four singles and had only allowed two runners past second base before Maicer Izturis opened the eighth with his second hit of the day. Pinch-hitter Erik Kratz followed with a first-pitch, two-run homer to centrefield. THE ASSOCIATED PRESS

Opening day

Rays	Jays
9	2

Detroit Tigers slugger Miguel Cabrera agreed Friday to the richest contract in American sports, a $292-million, 10-year deal with the Detroit Tigers. GETTY IMAGES

metro AR

Metro AR poll results

41% Metro readers voted Norway's multi-coloured Olympic curling pants as the ugliest in our poll of ugly sports uniforms. Here are the rest of the results:

23% Northwestern football (stars and stripes, 2013)

13% Chicago Bulls (St. Patrick's Day green sleeves, 2014)

13% New York Islanders (Capt. Highliner logo, 1995)

10% Blue Jays (with buff bird logo, 2003)

0% Toronto Raptors (purple duds, 1995)

MLB

Expanded replay proves quick and effective early

Major League Baseball launched the expanded replay era Monday, and saw instant results — a pair of missed calls by umpires got fixed fast, without any arguments.

Opening day showed off the game's newest nod to modern technology in a sport that long relied on the eyes of its umps.

Of the first four reviews Monday, none took longer than 2 1/2 minutes. THE ASSOCIATED PRESS

Wiggins all set for NBA draft

Now it's firm. Kansas' top Canadian prodigy ends his one-year college career

Andrew Wiggins leaves a news conference at the University of Kansas in Lawrence, Kan., on Monday, just after announcing he will be entering the NBA draft. ORLIN WAGNER/THE ASSOCIATED PRESS

Kansas freshman Andrew Wiggins made official Monday what he's been telling folks all along: He's headed to the NBA after his only season with the Jayhawks.

The six-foot-eight forward, who was voted second-team All-America earlier in the day, is expected to go in the top three picks in the June draft. Many believe he could go first overall.

"It wasn't an easy decision because the fans showed me so much love here," said Wiggins, choking up briefly during a news conference at Allen Fieldhouse. "I just wish I had more time. College goes by so fast. I can see why people stay all four years."

The Canadian was the top-rated recruit when he arrived at Kansas, and his brief career was a bit of a roller-coaster. He struggled early in the season, caught fire midway through, and then flamed out when it mattered most in an NCAA tournament loss to Stanford.

Wiggins, from Vaughan, Ont., only scored four points on 1-for-6 shooting in the third-round defeat. Afterward, he said despondently that he let his team down with his poor performance.

That ultimately didn't have any bearing on his decision, though. He announced he was going pro while joined by Kansas coach Bill Self, his parents — former NBA player Mitchell Wiggins and Olympic silver medallist Marita Payne Wiggins — his older brother Mitchell Jr., and several of his teammates, including fellow freshmen Wayne Selden and Joel Embiid.

Selden has already announced he's returning for his sophomore season. Embiid has not made a decision, even though he's also expected to be a top-five pick in the draft.

THE ASSOCIATED PRESS

Filling the net

17.1

Andrew Wiggins averaged a Kansas freshman-record 17.1 points per game. He also averaged nearly six rebounds a game and was voted the AP's Big 12 freshman of the year and first-team all-conference.

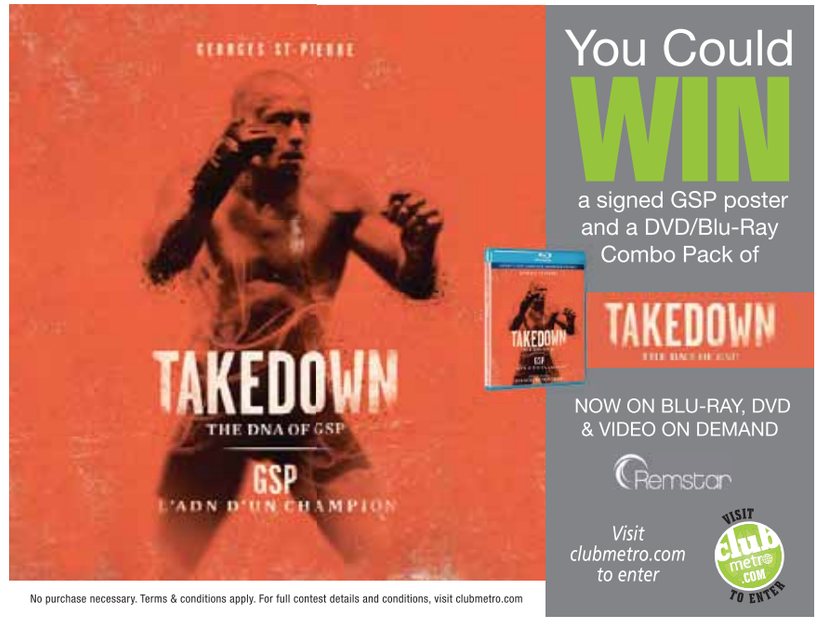
NBA

Heat too hot for Raptors to handle

LeBron James scored 32 points, Chris Bosh added 18 and the Miami Heat moved into the top spot in the Eastern Conference with a 93-83 win over the Toronto Raptors on Monday night.

Greivis Vasquez scored 17 points and DeMar DeRozan scored 16 for Toronto, which lost Kyle Lowry to a sore left knee late in the third quarter after he collided with James.

THE ASSOCIATED PRESS



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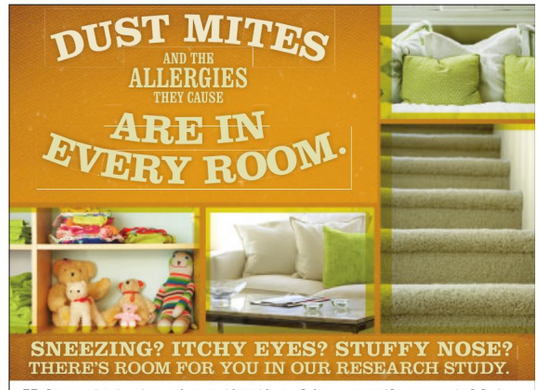

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Horoscopes

♈ Aries
March 21 - April 20
The more others try to make you change your mind about something the more you must refuse to be moved. You know what is right and what is wrong, so make your own decision and stick to it.

♉ Taurus
April 21 - May 21
There is no point getting worked up over something you can't do much about. You may not be able to change things on a social or political level however you can change things on a personal level.

♊ Gemini
May 22 - June 21
Something you have been worrying about for quite a while will fade in significance today and that's good. But has the cause of the worry actually gone? You need to find out.

♋ Cancer
June 22 - July 23
If someone you have feelings for seems unresponsive today don't think it means you are drifting apart. Most likely they just need to spend some time alone to think things through.

♌ Leo
July 24 - Aug. 23
You may want to be friends with everyone but you need to be discerning. There are some people who you will never get along with because you are on different emotional and intellectual levels.

♍ Virgo
Aug. 24 - Sept. 23
Others will be generous with you if you are generous with them. Let friends and colleagues know you are willing to work alongside them. Teamwork is essential now, in all areas.

♎ Libra
Sept. 24 - Oct. 23
There may be a thousand and one things you want to do today but Jupiter, planet of success but also excess, warns you must not to take on too much. Ask loved ones nicely to do more things for you.

♏ Scorpio
Oct. 24 - Nov. 22
Some of what you hear over the next 24 hours may be less than complimentary but it is of no real importance, so don't let it upset your equilibrium.

♐ Sagittarius
Nov. 23 - Dec. 21
You may hear something about your money situation that brings a smile to your face today but don't be too hasty. There is a chance you are being misled, so don't go on a spending spree.

♑ Capricorn
Dec. 22 - Jan. 20
Something you have been working on for some time needs to be left alone for a while. You have got so involved with it that other areas of your life are being neglected.

♒ Aquarius
Jan. 21 - Feb. 19
There is no point getting annoyed about things beyond your control – you know that already. So why are you allowing what is a minor event to cause major shockwaves in your life? Get over it – now.

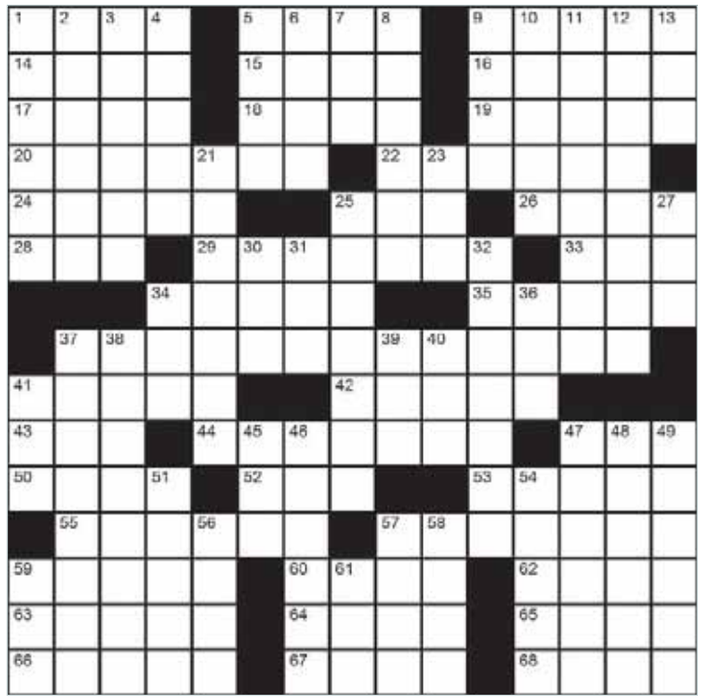
♓ Pisces
Feb. 20 - March 20
You have some important personal issues to deal with, so let your friends know they may be seeing less of you for a while. Get your emotional life in order, then go and have fun.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

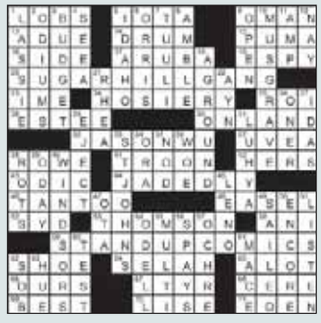
BY KELLY ANN BUCHANAN



Across
1. Star__ Tuna
5. Kitschy
9. Kate __ (Purse designer)
14. Quebec: Saint-Louis-du-__! __!
15. Actress Jessica
16. "__ __ be true?"
17. Prefix to 'culture'
18. Stuff
19. Barter
20. Northwestern Ont. town, Fort __
22. Some Honda cars
24. Fashion: Oscar de la __
25. Bird beak
26. Cries
28. "Rat!"
29. Informer, to inmates
33. Pecan, for one
34. "__, __!" (Laura's catchphrase on "The Dick Van Dyke Show")
35. Peter, in Spain
37. 01/04: 3 wds.
41. Decrease
42. "That's just great."
43. Evita's land, for short
44. One of the three 'Rs' in green living
47. "Law & Order: _ _ _"
50. Alone
52. Ums, etc.
53. Bits
55. The Arctic __
57. Canadian interior designer Ms. Olson
59. Play hockey, also do this
60. "It's such ___!" (I'm so happy!)
62. ____ (As per the broadcast of TV shows)
63. Eva __, Madonna's "Evita" (1996) role
64. Bugs Bunny, e.g.
65. "___ It Bad": Tune by Usher
66. Toronto: CN Tower's locale, 301 __ Street West
67. Edmonton's CFL team's website, __.com
68. "Can you give ___ hints at all?" (I need help guessing!)

Down
1. Egypt's second largest pyramid
2. "My sentiments exactly.": 2 wds.
3. Reduced
4. Contaminate
5. Coop
6. Beers
7. Academic letters
8. Purolator delivery
9. Item on Eugene Levy's resume
10. Ms. Hilton
11. 1997 snake horror movie
12. Alberta town
13. Parisian season
21. Store job
23. There: Latin
25. "It's __ business but my own!"
27. Pou __ (Vantage point)
30. Li'l old MTV show
31. "That hurts!", comics-style
32. Beatles manager Brian
34. Food fragment
36. Mr. Asner's
37. Infomercial exercise device: 2 wds.
38. Michel __: "Rain-showers" Montreal-born musician
39. Folklore creature
40. West Coast basketball team [acronym]
41. Some batteries
45. Fitting-here fish
46. Produce
47. Tightwad
48. Quebec pastry brand
49. k-os hit: "Man I __ __ Be"
51. British songstress Beth
54. Extreme execration
56. Rapper 50
57. Chef
58. Writer Ms. Rand's
59. Sunscreen no.
61. __ Louis (Popular cakes-in-a-box product by #48-Down)

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	4	7	3		9			8
	9	8						4
3			7					
9	1				8			
	6	5				1	2	
			6				9	5
					5			6
5						3	7	
4			1		7	2	5	

Yesterday's Sudoku

1	3	9	8	4	5	6	7	2
4	8	6	2	1	7	3	9	5
5	2	7	3	6	9	4	8	1
7	4	1	6	2	8	9	5	3
2	5	3	4	9	1	8	6	7
9	6	8	7	5	3	1	2	4
8	7	2	1	3	6	5	4	9
3	9	4	5	8	2	7	1	6
6	1	5	9	7	4	2	3	8

Today
9°/-2°
Showers
40%

Wednesday
5°/-5°
Partly cloudy

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Union Pearson Express Electrification Environmental Assessment

NOTICE OF COMPLETION
Environmental Project Report

THE PROJECT

Metrolinx has completed an Environmental Project Report (EPR) in accordance with *Ontario Regulation 231/08* for the Union Pearson (UP) Express Electrification project.

Metrolinx is proposing to electrify the UP Express service beginning at the future UP Express Union Station in the City of Toronto and terminating at the future UP Express Pearson Station (at Terminal 1, Toronto Pearson International Airport) in the City of Mississauga. The project involves the electrification of approximately 25 kilometres of track along the Union Station GO Rail Corridor and Kitchener GO Rail Corridor to Highway 427, where the route then follows the new UP Express spur line (under construction) into Pearson Airport (see key map below). The purpose of the project is to convert the UP Express service from diesel to electric power, which will be achieved through a Traction Electrification System that will provide electrical power to the trains by means of a power distribution system. An Overhead Contact System (wiring system) will be suspended from a number of support structures (i.e. portals, cantilevers) placed along and over the track. Two paralleling stations and a new maintenance facility are also required. In addition, a separate Environmental Assessment study is being carried out by Hydro One for the proposed Traction Power Substation, in accordance with the *Class EA for Minor Transmission Facilities*.

Electrification of the UP Express is part of *The Big Move*, Metrolinx's regional transportation plan, which will dramatically improve how people move in the Greater Toronto and Hamilton Area. Funding for electrification is dependent on the Metrolinx Investment Strategy.

THE PROCESS

The environmental impact of this transit project was assessed and an Environmental Project Report prepared in accordance with the Transit Project Assessment Process (TPAP) as prescribed in *Ontario Regulation 231/08, Transit Projects and Metrolinx Undertakings*.

The EPR for the UP Express Electrification project is now available for a 30-day review period starting **April 1, 2014** on the project website (**http://www.gotransit.com/electrification/en/default.aspx**) and at the following locations:

Ministry of the Environment
Environmental Approvals Branch
2 St. Clair Avenue West
Floor 12A
Toronto, ON M4V 1L5
tel: 416-314-8001 or
1-800-461-6290
Monday to Friday: 8:30 a.m. – 5:00 p.m.

Ministry of the Environment
Central Region Office
5775 Yonge Street
Place Nouveau, 8th Floor
Toronto, ON M2M 4J1
tel: 416-326-1825
Monday to Friday: 9:00 a.m. – 4:30 p.m.

Metrolinx/GO Transit
20 Bay Street
Suite 600
Toronto, ON M5J 2W3
tel: 416-874-5910
Monday to Friday: 8:00 a.m. – 4:30 p.m.

Richview Public Library
1806 Islington Avenue
Toronto, ON M9P 3N3
tel: 416-394-5120
Monday to Friday: 9:00 a.m. – 8:30 p.m.
Saturday: 9:00 a.m. – 5:00 p.m.
Sunday: 1:30 p.m. – 5:00 p.m.

Parkdale Public Library
1303 Queen Street West
Toronto, ON M6K 1L6
tel: 416-393-7686
Monday to Friday: 9:00 a.m. – 8:30 p.m.
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Sunday: 1:30 p.m. – 5:00 p.m.

City of Toronto
City Clerk's Office
Toronto City Hall
100 Queen Street West
13th Floor, West
Toronto, ON M5H 2N2
tel: 416-392-8016
Monday to Friday: 8:30 a.m. – 4:30 p.m.

Weston Public Library
2 King Street
Toronto, ON M9N 1K9
tel: 416-394-1016
Monday, Wednesday, Friday: 10:00 a.m. – 6:00 p.m.
Tuesday, Thursday: 12:30 p.m. – 8:30 p.m.
Saturday: 9:00 a.m. – 5:00 p.m.

Mount Dennis Public Library
1123 Weston Road
Toronto, ON M6N 3S3
tel: 416 394-1008
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Tuesday, Thursday: 12:30 p.m. – 8:30 p.m.
Saturday: 9:00 a.m. – 5:00 p.m.

Perth/Dupont Public Library
1589 Dupont Street
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tel: 416-393-7677
Wednesday, Friday: 10:00 a.m. – 6:00 p.m.
Tuesday, Thursday: 12:30 p.m. – 8:30 p.m.
Saturday: 9:00 a.m. – 5:00 p.m.

Interested persons are encouraged to review this document and provide comments by **April 30, 2014** to:

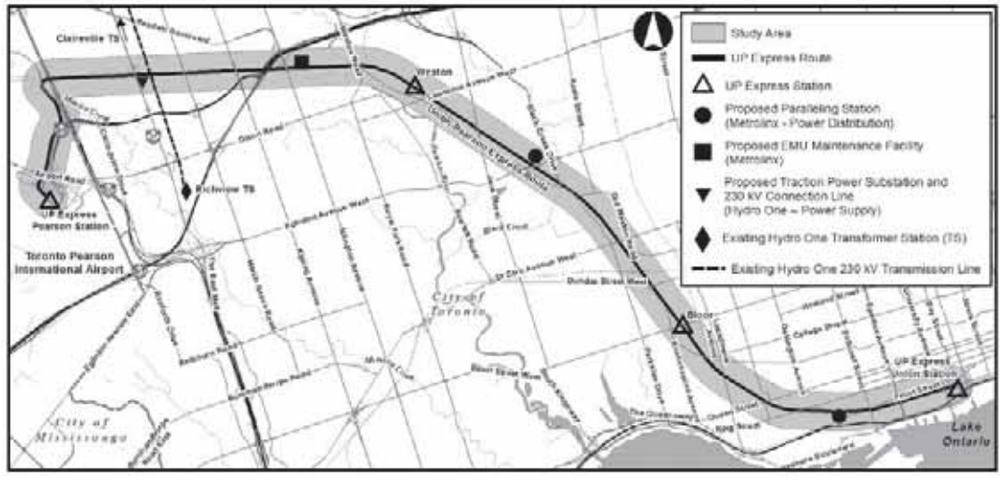
Karen Pitre
Executive Director, Electrification
Metrolinx-GO Transit
20 Bay Street, Suite 600
Toronto, ON M5J 2W3
tel: 416-874-5910
e-mail: Karen.Pitre@metrolinx.com

There are circumstances where the Minister of the Environment has the authority to require further consideration of the transit project or impose conditions on it. These include if the Minister is of the opinion that:

- The transit project may have a negative impact on a matter of provincial importance that relates to the natural environment or has cultural heritage value or interest; or
- The transit project may have a negative impact on a constitutionally protected Aboriginal or treaty right.

Before exercising the authority referred to above, the Minister is required to consider any written objections to the transit project that he or she may receive within 30 days after the Notice of Completion of the Environmental Project Report is first published.

If you have discussed your issues with the proponent and you object to the project, you can provide a written submission to the Minister of the Environment by no later than April 30, 2014 to the address provided below. All submissions must clearly indicate that an objection is being submitted and describe any negative impacts to matters of provincial importance (natural/ cultural environment) or Aboriginal rights.


Study Area
UP Express Route
UP Express Station
Proposed Paralleling Station (Metrolinx - Power Distribution)
Proposed EMU Maintenance Facility (Metrolinx)
Proposed Traction Power Substation and 230 kV Connection Line (Hydro One – Power Supply)
Existing Hydro One Transformer Station (TS)
Existing Hydro One 230 kV Transmission Line
Weston
Richview TS
UP Express Pearson Station
Toronto Pearson International Airport
City of Toronto
City of Mississauga
Lake Ontario

Environmental Approvals Access and Service Integration Branch
Ministry the Environment
Attention: Adam Sanzo, Project Officer
2 St. Clair Avenue West, Floor 12A
Toronto, ON M4V 1L5
tel: 416-314-8001 or 1-800-461-6290
fax: 416-314-8452
e-mail: EAASIBGen@ontario.ca

If not already provided, a copy of the objection will be forwarded to the proponent by the ministry.

All personal information included in a submission such as name, address, telephone number and property location is collected, maintained and disclosed by the Ministry of the Environment for the purpose of transparency and consultation. The information is collected under the authority of the *Environmental Assessment Act* or is collected and maintained for the purpose of creating a record that is available to the general public as described in s. 37 of the *Freedom of Information and Protection of Privacy Act*. Personal information you submit will become part of a public record that is available to the general public unless you request that your personal information remain confidential. For more information, please contact the Project Officer or the Ministry of the Environment's Freedom of Information and Privacy Coordinator at 416-327-1434.

This notice was first published on April 1, 2014.

Pour plus de renseignements, veuillez composer le 416 869-3200 ou le 1 888 GET-ON-GO (438-6646).